

## Abstract

The present invention is directed to an optical communications link having at least one optical fiber, in particular for communications transmission, where the optical fiber is repeatedly bent, fiber sections having a right-hand and left-hand curvature being distributed in such a way over the communications link that the average torsion of the fiber is approximately zero. The communications link in accordance with the present invention is compact, flexible, and, in particular, variable in length. In addition, it reduces the sensitivity of the polarization state of the optical signal to changes in the form of the communications link.